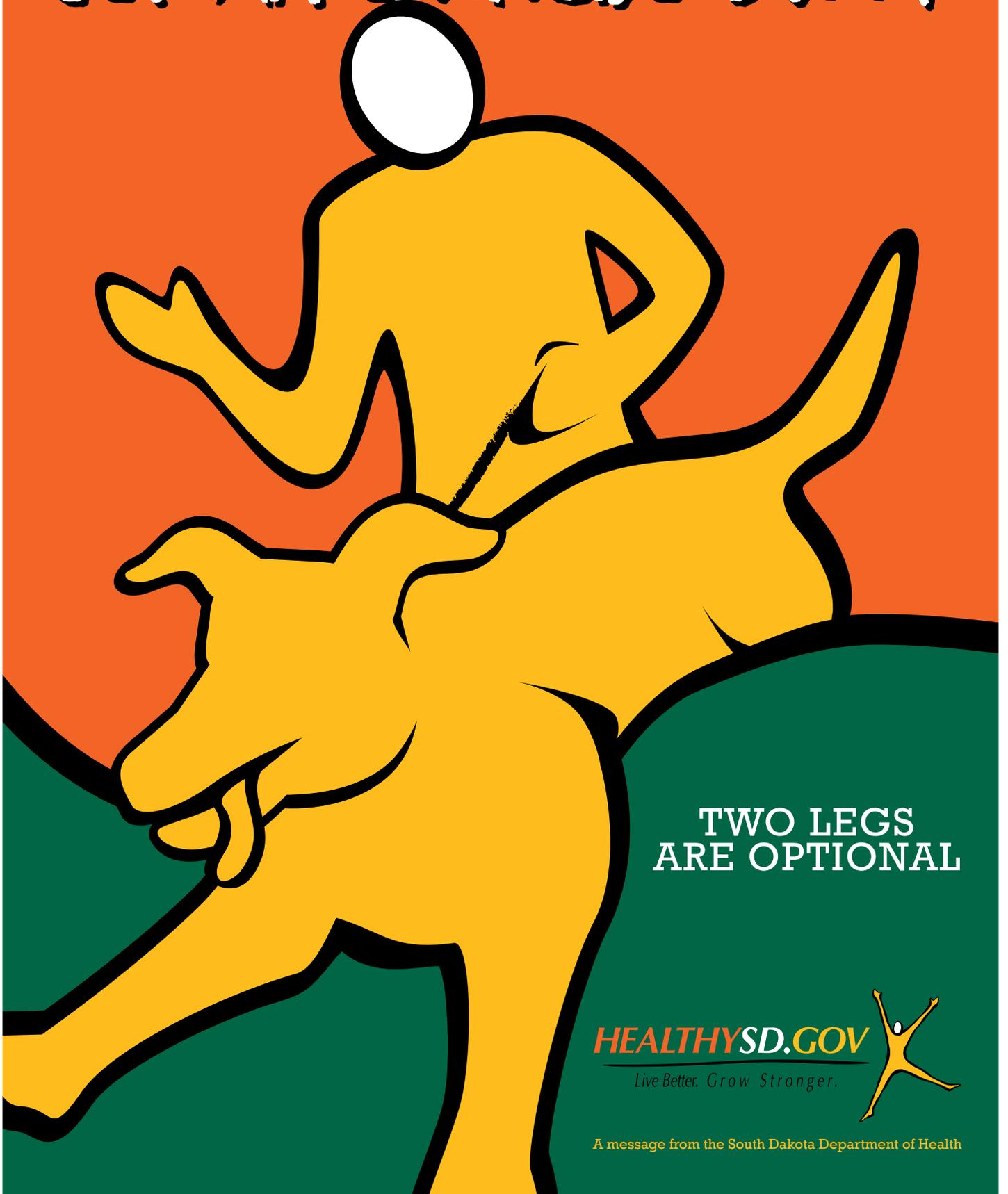


GET AN EXERCISE BUDDY



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ARE OPTIONAL

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A message from the South Dakota Department of Health